

USU Student Spouses Club Newsletter

The SSC Scoop

1

March / April 2011

Issue Highlights:

From the President	2
SSC Calendar	2
Getting to know the area	3
Local Events	3
Wedding Bells	3
From the SSC Kitchen	4
Spring party Flyer	5
Tips for flying with a toddler	6
New Arrivals	7
Kids Zone	8
Tax Tips	9



A special "thanks" to all SSC members that submitted great articles & photos for this newsletter.



We are always looking for members to write for the newsletter. If you are interested in volunteering contact the Publications Editor for more information.



Tamara Roadfuss
Publications Editor
ssc.editor@gmail.com

SSC Votes on New Leadership

By Tamara Roadfuss

On March 3rd SSC held its monthly meeting. The meeting was filled with important voting opportunities for the 2011-2012 school year. SSC members not only voted on the bylaw changes and budget but they also voted on the new leadership for the next school year.

Members that were in attendance were able to cast their votes on all SSC topics brought to the table by our president Sara Keleher. The club also allowed members who were not present the opportunity to vote for new leadership via absentee ballot emails.

This is an exciting time for the SSC because it brings new leadership, new members, lots of events and especially new friendships. So join in the fun, get involved and be active.

Be sure to keep an eye out for SSC yearly activities :

- Monthly SSC meetings
- Welcome BBQ
- Orientation
- Parent - Tot monthly activities
- Adult Social monthly activities
- Fundraising volunteer opportunities
- Sunshine volunteer opportunities
- Holiday party
- Spring Party

2011-2012 New Leadership

Officers:

President: Molly Grasso

Vice President: Sarah Wirthlin

Secretary: Erin Sorensen

Treasurer: Rachel Darling

Committee Chairs:

Adult Social: Shae McTigue

Fundraising: Alex Zack

Membership: Dana Beam

Parent Tot: Tamara Roadfuss

Parties: Annalisa Perez

Sunshine: Jenny Markol

Publications Editor: Tamara Roadfuss

From the President:

Sara Keleher

Happy spring, everyone! We had some big votes at our March meeting, including new leadership for 2011-2012, budget amendments, and By-Laws revisions. I am very excited about the new leadership, especially Molly Grasso, our President-Elect! I know they all will do a fantastic job!



Mark your calendars for the Spring Party and 4th Year Spouses Farewell on April 9. Cyndi Yoder has planned an awesome brunch-style party, with the option of participating in a 5K run/walk for some social exercise. Our special "farewell" to our 4th Year members will be at 11:30.

Also, please note the change in our meeting date for April. We will be meeting on Thursday, April 7 at 6:30 in the USUHS cafeteria. We will have a brief business meeting followed by an Info Session at 7 pm about what MSIs can expect for the summer (Bushmaster, Kerkeshner, clerkships). This is open to non-members, so spread the word!

SSC CALENDAR OF EVENTS

April 7th: SSC Monthly Meeting, 6:30PM

April 7th: SCC Info Session, 7:00pm

MSI Summer Info Session (Bushmaster, clerkships, etc (following the monthly meeting)

May 4th: SSC Monthly Meeting, 6:30PM

Adult Social: Visit website for more dates and activities

Parties: Visit website for more dates and activities

April 9th 2011 - Spring Party
Cabin John Park
10:00am—12:30pm

Parent Tot Group: Visit website for more dates and activities

For more information, please contact the SSC at studentspousesclub@yahoo.com or visit our website at www.usuhs.mil/ssc/

Officers 2010-2011**President**

Sara Keleher
ususscpresident@gmail.com

Vice President

Jessica Saas
vicepresidentssc@gmail.com

Secretary

Courtney Christensen
studentspousesclub@yahoo.com

Treasurer

Jenny Markol
usussctreasurer@gmail.com

Committee Chairs**Adult Social**

Molly Grasso
Molly.kid@gmail.com

Membership

Sarah Willett
ususscmembership@gmail.com

Parent Tot

Daniela Babakhani
Sarah Wirthlin
sscparenttot@gmail.com

Parties & Fundraising

Cyndi Yoder
sscparties@gmail.com
ususscfundraising@gmail.com

Publications Editor

Tamara Roadfuss
ssc.editor@gmail.com

Sunshine

Karla Villafan-Reed
sscsunshine@gmail.com

Getting to Know the Area

By Tamara Roadfuss

Spring is almost here and the weather is getting warmer, It's time to stretch your legs and get out of the house. Our local area host and array of fun outdoor activities for all ages. Plan a day and bring your lunch or just get out for a few hours. Here are some out door ideas for you and the family.

Baltimore & Annapolis Trail

(410) 222-6244

The [B&A Trail](#) is 14 miles long and extends from Jonas Green Park in Annapolis to Dorsey Road in Glen Burnie. Did you know that one-third of the 400,000 people in Anne Arundel County live within a mile of the trail? There is no admission fee and the trail is open year round from dawn to dusk.

The Chesapeake and Ohio Canal

C&O Canal National Historical Park
(Great Falls Tavern area) (301) 767-3714

www.nps.gov/choh/

The C&O Canal follows the Potomac River for 184.5 miles from Washington, CD to Cumberland, Maryland. The main trail and towpath are fairly flat and friendly to hiking families. Along the canal, visitors will find lock houses, aqueducts and a variety of trailheads that loop off the main canal.

Great Falls National Park

The Great Falls National Park is about 76ft high and 800 acres. Great Falls Park is part of the George Washington Memorial Parkway along the Patomac River, 14 miles from Washington DC

Cabin John Regional Park

Cabin John Regional Park hosts 5 miles of trails, some of which are available for bike riding. Robert C. McDonell Campground is also located in the park.

Looking for something to do?

LOCAL EVENTS:

March 26 - Kites over Clarksburg -
12001 Skylark Dr. Clarksburg MD
12 -4

March 27th - ArtFest - Annapolis

April 16 & 17 - Imagination movers -
Weinberg Center for arts, Fredrick

April 9 - National Cherry Blossom Festival
parade. Washington, DC
www.nationalcherryblossomfestival.org/2011/01/20/parade/

April 29 to May 1 and May 6 to 8 -
Day Out with Thomas
B&O Railroad Museum

May 21 & 22 - Wine in the Woods
Symphony woods, Columbia MD
Wineinthewoods.com

June 9 - Glee Live! In Concert
Verizon Center, Washington DC

June 13-19 - U.S Open
Congressional Country Club
Bethesda, MD www.usopen.com



Amusement Park Opening Days:

Busch Gardens Williamsburg- March 26
Hershey Park- May 6 (Summer Season)
Six Flags America- April 16
Six Flags Great Adventure- April 9
Water Country- May 21

**Don't forget to check out the MWR for
discount tickets!**



From the SSC Kitchen !

Easy Chicken and Rice Pot Pie

From: Allrecpies.com

Ingredients

- 1 1/2 cups UNCLE BEN'S®
- 3 1/2 cups frozen carrot, peas, and corn blend
- 1 teaspoon cracked black pepper
- 2 (15 ounce) cans cream of chicken condensed soup (heart healthy variety)
- 2 1/2 cups water
- 1 cup whole milk
- 1 pound chicken, diced
- 1 sheet commercially prepared puff pastry dough



Directions

1. Preheat oven to 375 degrees.
2. Mix rice, vegetables, pepper, soup, water, milk and chicken in a casserole dish.
3. Cover in foil and bake in oven for 30 minutes.
4. Uncover and top with puff pastry dough, and bake for another 20 minutes.
5. Serve hot.

Amount Per Serving Calories: 349 | Total Fat: 14.8g | Cholesterol: 33mg

Greek Salad

From: Allrecpies.com

Ingredients

- 1 1/2 cups uncooked orzo pasta
- 2 (6 ounce) cans marinated artichoke hearts
- 1 tomato, seeded and chopped
- 1 cucumber, seeded and chopped
- 1 red onion, chopped
- 1 cup crumbled feta cheese
- 1 (2 ounce) can black olives, drained
- 1/4 cup chopped fresh parsley
- 1 tablespoon lemon juice
- 1/2 teaspoon dried oregano
- 1/2 teaspoon lemon pepper



Directions

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Drain artichoke hearts, reserving liquid.
2. In large bowl combine pasta, artichoke hearts, tomato, cucumber, onion, feta, olives, parsley, lemon juice, oregano and lemon pepper. Toss and chill for 1 hour in refrigerator. Just before serving, drizzle reserved artichoke marinade over salad.

Mint Tea Punch

From: Allrecpies.com

- 3 cups boiling water
- 12 sprigs fresh mint
- 4 tea bags
- 1 cup white sugar
- 1 cup orange juice
- 1/4 cup lemon juice
- 5 cups cold water
- 3 orange slices for garnish (optional)
- 3 lemon slices for garnish (optional)



Directions:

Place the tea bags and mint sprigs into a large pitcher. Pour boiling water over them, and allow to steep for about 8 minutes. Remove and discard the tea bags and mint leaves, squeezing out excess liquid. Stir in sugar until dissolved, then stir in the orange juice and lemon juice. Pour in the cold water. Serve over ice cubes, garnished with orange or lemon slices.

SSC SPRING PARTY & FAREWELL TO 4TH YEAR SPOUSES

APRIL 9, 2011
10:00 AM - 12:30 PM

Cabin John Park
Pavillion H

10900 Westlake Drive
Rockville, MD

Members: FREE
Non Member: \$5.00
per family

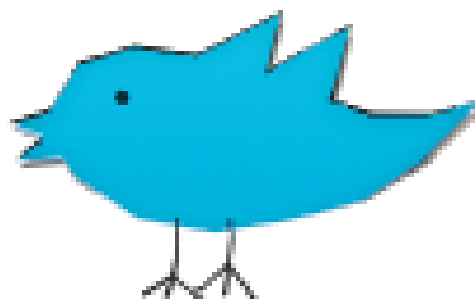
SCHEDULE

GROUP RUN/WALK	10:00 AM
EGG HUNT (FOR KIDDOS)	11:00 AM
FREE BRUNCH	ALL MORNING

Join us for outdoor family fun
as we say goodbye to our
fellow 4th Year Spouses!

Enjoy bagels, coffee, juice,
fresh pancakes, fruit, and other
brunch treats throughout the
morning.*

*Please bring your own coffee/travel
mug to reduce waste



RSVP to
sscparties@gmail.com
www.usuhs.mil/ssc

Uniformed Services University



Student Spouses Club

Tips for flying with a Toddler

By Dana Beam

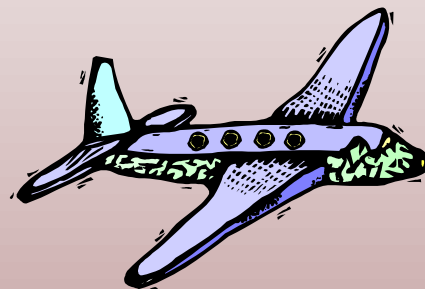
During the Fall, our little family flew alllll over the place! In 3 months I did 10 flights with my little girl (age 13 – 15 months) several of which were by myself! And because I did so many flights in such a short period of time, I was able to learn from my mistakes and come up with a system that worked really, really well for us and made the whole process *almost* easy. I've since had a LOT of people ask me for tips on flying with a toddler, so I thought I'd write it all down and share it with the world to hopefully save people from making some of the mistakes I've made. Why learn the hard way right?! Anyway, here is how we deal with our flights with a toddler. I hope you find it helpful...

Check-in/Baggage Claim: Ask the check-in attendant at the ticket counter if there is a row in the back with an extra seat and see if you can move there to have a better chance of having a free seat for your toddler. Every singles flight that I was on by myself, by the grace of God, I got a free empty seat for Bella. My most important tip of all: Wear your toddler in your baby carrier. Ergo Baby is my favorite for this age because you can wear them in this one for a very long time. If you're traveling with a pack-n-play you can often fit this in the basket of your stroller, then put the car seat in the seat part of the stroller, wear the baby and roll your suitcases. If you do this you should be able to take all your things all by yourself. I did a TON of flights by myself and this little stroller puzzle made it all possible. Check your car seat for free at the ticket counter. Pack-n-plays cost money to ship so it might just be easier to buy a new, cheap one when you get there instead of paying for shipping fees. Take your stroller with you through security. If you have a small bag you are carrying on, you can stick that in your stroller basket, stick your toddler in the stroller and happily proceed to security with your diaper bag and purse since both fly free for mommys in addition to your carry on.



Security: Take off your toddlers jacket and shoes while waiting in line. Unload your computer and liquids from your carry ons while waiting in line. Right before you get to the counter to load your stuff take off your own jacket and shoes. When you get to the counter to put your stuff through security, unload everything allowing people to go in front of you to reduce

stress, then very last take your toddler out of the stroller, then fold up the stroller and put it through the xray. This is VERY important: the stroller should go through the xray FIRST before all your other stuff because you will want it to be the first thing to come out to strap your toddler in right away so you can unload and restock the rest of your stuff without chasing them all over the airport. TSA agents are supposed to offer to put your stroller through the xray for you, but they don't always so ask for help. You can also tell them that the stroller needs to go first before all your other stuff and they should respect your request. I became VERY efficient at the process and on my own I could get through security with a kid, using this process, faster than most business people who were by themselves. It was awesome! When you get to the other side of the xray, unload the stroller, strap your toddler in and regroup, collecting all your stuff. Proceed to airplane...



Airplane: Before boarding get a gate check tag for your stroller. The stroller flies free. If you don't already have an

empty/free seat for your toddler, ask the gate attendant if they have one for you. It's worth nagging. While waiting let your toddler get out all the wiggles they can by running up and down the airport. This is when having everything loaded into the stroller will make your life a LOT easier. Before boarding time make sure to reorganize your carry on's so that you won't need anything out of your rolling bag that goes above your head until the layover and make sure all your toys and food are accessible in your diaper bag and purse which should be at your feet. When boarding is about to happen, load your toddler into the baby carrier, unload your stroller so it's easy to unload and unfold at the end of the ramp and stand in line so you get as much time as possible to get on to get on the plane while it's not full. People will take pity on you and offer to help with just about everything. Take them up on it if you

need 😊 Things to pack for the airplane: every single food item you can think that he might want. Overpack food because eating it can fill up a LOT of time and buy you a lot of happiness. Some of my favorites are raisins, crackers, fruit roll ups, suckers (they are messy, but use a lot of time), whole apples (they take forever to eat but bring napkins as they too can be messy). I also buy milk once I get through security as the

Tips for Flying with a Toddler - Cont'd from Page 4

By Dana Beam

then you think you'll need and a change of clothes for your toddler and you because you never know when they will throw up. I also found it helpful to bring a travel pillow for when she fell asleep. You should be able to change your toddler in the bathroom in the back of the plane which has a changing table. When I needed to go to the bathroom I just made Bella stand in the corner of the bathroom and it was no big deal. On the plane when Bella needed a nap, we would put her in the baby carrier and stand in the back near the bathrooms and I would bounce her to sleep. It would take a while and there was often crying, but with the noise in the back of the plane you don't disturb as many people as you think you are and the noise helped her to fall asleep. I wouldn't recommend Benadryl because it makes some kids super hyper, but we did give her Tylenol just in case and we also made sure she was eating and drinking as we took off and landed so her ears didn't hurt. Also we let Bella walk up and down the aisles whenever we could and I let her play on the floor at our seat.

I preferred the window seat because it was a barrier and I would sit in the middle seat to be the other barrier. She also LOVED putting the window shade up and down and up and down, but her most favorite thing was standing on the arm rests and



“talking” to the people behind us. Those things I mentioned ate up a LOT of hours and everything worked pretty well. Only one of my 10 flights in 3 months was a screaming the entire way flight and it actually wasn't nearly as big a deal as I thought it would be. Those planes are so loud (especially in the back which is why we sat there!!) that it really was okay and for the most part people were nice enough. And if it's hard, remember that you'll never see those people again and as long as you're doing your best to keep him happy then that is all you can do and people will just need to understand. And even at the end of that flight I always thought that it was a lot easier than I expected it to be. Hang in there during the flight knowing that it will be over soon. Also remember that you won't be able to do things for yourself like you did on your flight when you were alone like read or play on the computer and knowing that helped to keep me in the right frame of mind. Oh a mommy tip: buy a bottle of water or soda before you get on the plane because if you get a glass of something to drink then your toddler will spill it. I found it was just better to bring something on that had a lid. I learned that lesson after about the 3rd flight which was probably the 5th spill lol. But if you take the chance this is where the change of clothes comes in handy too. And when you get off the plane try to be the last person off so your stroller is already there and load it up again just like you did after security.

Well, I hope that helps and happy flying! 😊



New Arrivals



Ilya (2012) & Maria Latyshenko - Born Feb 16th - **Anna Maria** 7.5 lbs and 20.5"

Adrianna (2012) & Robert Levesque - Born February 19, 2011 - **Isabel Linda** 7lbs, 12oz and 21"

Priya Nath O'Connell (2012) & Sean O'Connell - Born February 20, 2011 - **Kavi Jack** 8lbs, 5.7 oz and 21.75"

CPT Justin Beam & Autumn Beam - Born March 11, 2011 - **Dylan Kathleen** 6 lbs, 25 oz and 21"

SSC Kids Zone - Spring ActivityFrom: <http://crafts.kaboose.com>**Thumbprint Ladybugs****Materials:**

- 1 sheet green construction paper
- 1 sheet light blue construction paper
- 2-3 cotton balls
- Acrylic paint: light blue, red, orange, light green, pink, black and white
- Toothpick
- Glue stick
- Scissors

How to make it:

- 1) Place the light blue construction paper on the work surface. With glue, cover the bottom third of the paper where the "grass" will be. Place the green paper on top of the glued area and press down to seal.
- 2) Turn paper over and trim off all but 1 inch of the green paper.
- 3) Apply glue stick to that remaining 1 inch of green paper, and then fold it up onto the blue paper and press to seal to make a clean bottom edge.
- 4) Turn paper back over. Use the glue stick to "draw" on some clouds in the sky. Pull apart cotton balls and attach to the glue to

create the clouds..

5) Dip child's thumb into colored paint and press thumb onto green area of the paper. Repeat in different colors and press onto different areas of the green paper. Let the colored paint dry.

6) Dip only the tip of the child's thumb in black paint and press onto the front of each of the colored thumbprints to create the ladybug heads.

7) Use a toothpick dipped in black paint to add the ladybug spots.

8) Wipe the black paint off of the toothpick. Turn toothpick around and dip the clean end into white paint to dot on the eyes. Let dry.

When white paint is dry, use toothpick dipped in black paint to add the pupils.

**Miniature Easter Basket****Materials:**

- Styrofoam bowl
- 1 each purple and white chenille stem
- Thin white ribbon
- Pink acrylic paint
- Easter grass or shredded tissue paper
- Goodies or Easter eggs

**How to make it:**

1. Paint the Styrofoam bowl pink, inside and out, and let dry.
 2. Twist together the two chenille stems.
 3. Insert the chenille stems into the sides of the bowl, poke through and bend the ends up on the outside of the bowl to hold in place.
 4. Fill bowl with Easter grass and goodies.
- Tie a bow around the end of the handle on both sides with thin white ribbon. Enjoy watching the birds eat their

Pinecone Bird Feeder**Materials:**

- Pine cone
- Paper Plate
- Butter Knife
- Smooth Peanut butter
- Birdseed
- Ribbon or yarn
- Scissors

**How to make:**

1. Cut a long length of yarn or ribbon to hang the bird feeder.
 2. Tie the ribbon in a knot around the pine cone near the top (about 3 sections down).
 3. Tie a knot in the end of the ribbon.
 4. Use the knife to get a large clump of peanut butter on the paper plate.
 5. Use the knife to spread peanut butter inside the pine cone and around the edges.
 6. Sprinkle the birdseed over the pine cone.
 7. Roll the pine cone in the birdseed that is on the plate.
 8. Hang the bird feeder on the tree.
- Enjoy watching the birds eat their treat!

Tax Tips for Families

By Tamara Roadfuss

Tax credits you should know about as you raise kids from birth to adulthood.

- 1) **New Baby** - If your child is born before 12:00am December 31st, you are able to claim the dependency exemption for the whole year.
- 2) **Child tax credit** - \$1,00 on top of your dependent exemption.
- 3) **Child Care credit** - Get up to 35% back depending on your income level while you work or look for work.
- 4) **College Savings** -- Several tax- advantages and options to help you save for college
- 5) **Student Loans** - Deduct up to 2,500 in loan interest .

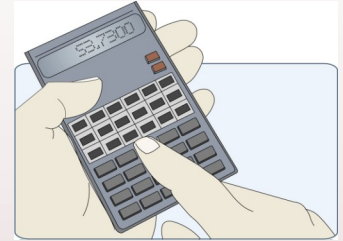
For more explanation on these tips and the entire article this information is from go to <http://family.go.com>
Article name: Top 10 tax tips for family's with kids.

Need Help filing:

Military OneSource Tax Filing Services

The Military OneSource Tax Program has begun! The program provides free access to a customized version of the basic H&R Block at Home® electronic tax- filing product. This customized product allows for free federal filing and free state filing (up to three states). In addition, free telephonic tax consultations are available to help with tax- related issues. Please see our list of [Frequently Asked Questions](#) to learn more about the program and filing your 2010 taxes.

Tax consultants are available 7 days a week from 7 a.m. - 11 p.m. ET by calling the Military OneSource Tax Hotline at 1-800-730-3802.



SSC WEBSITE

www.usuhs.mil/ssc/

SSC EMAIL

studentspousesclub@yahoo.com

MISSION

The Student Spouses Club (SSC) is an organization for the spouses and significant others of any active duty officer students at the Uniformed Services University of the Health Sciences. The goal of the SSC is to provide support, friendship, and community for student families through a variety of social and service activities throughout the year.

The SSC is a private, non-profit organization.



Student Spouses Club Membership Application

Welcome! Thank you for your interest in joining the Student Spouses Club. We provide an opportunity to meet new friends, develop or maintain useful skills and enjoy a variety of functions throughout the year. Please fill out the form below and turn it in along with your annual dues check of \$30 (made payable to Student Spouses Club) so that we can process your application without delay. A member of the SSC will be contacting you shortly to formally welcome you. We look forward to meeting you!

_____ Last Name	_____ First Name	_____ Home Phone	_____ Email Address		
--------------------	---------------------	---------------------	------------------------	--	--

_____ Street Address Code	_____ City	_____ ST	_____ Zip
---------------------------------	---------------	-------------	--------------

_____ Student's Full Name	_____ Service Branch	_____ Year of Grad.	_____ Your DOB
------------------------------	-------------------------	------------------------	-------------------

Children's Names & Ages

Committees you would like to have contact you with more information (please circle)

SSC Use Only

Date Received _____

Check number _____

Please return application & check to:

Student Spouses Club

4301 Jones Bridge Road Box 869 Bethesda, MD 20814